

There are more suicides than murders in Alabama every year.

It's a confidential call...no one will know you called but YOU!

open 24 hours a day

JUST
TALK
ABOUT IT!

if a friend has had suicidal thoughts

Talking about suicidal thoughts helps reduce the pain.

In 2018, 116 people ages 10 to 24 died by suicide in Alabama.

1-800-273-TALK (8255)

- It is a confidential call. No one will know you called but you.
- If you or a friend are having suicidal thoughts, just talk about it...to a friend, to a teacher, to a coach, to a leader, to us...but TALK!

alabamapublichealth.gov

**NATIONAL
SUICIDE
PREVENTION
LIFELINE**

1-800-273-TALK (8255)

suicidepreventionlifeline.org